

## LUNGE STRETCH

This standing lunge stretch is another variation of Farmer's Stretch. However, it's done standing behind the chair with feet in an offset foot position. One side is done at a time.

### **Benefits »**

- ⦿ Progresses Farmer's Stretch.
- ⦿ Adds elements of balance (standing, offset feet, reaching).
- ⦿ Provides a whole-body stretch (hip flexors, anterior trunk, shoulders).

### **How to Do It »**

#### **The Start**

Participants stand behind their sturdy chair with both hands on the back of the chair and feet parallel. Ask them to step one leg back in a big step, about 18 to 24 inches (46-61 centimeters). They keep the heel of the rear foot up off the floor during the stretch. The feet should still be shoulder-width apart and both hands still on the chair.

#### **The Moves**

Use the following cues.

- ⦿ Lower the back knee toward the floor until you feel a stretch in the hip flexors of that side.
  - It looks similar to a curtsy.
  - Do not lean forward, but rather drop straight down.
  - The front knee will stay over the front foot, if done correctly.
- ⦿ Add to the stretch by gently pulling the upper body back, as comfortable. Hands stay on the chair.
- ⦿ Add even more to the stretch by slowly lifting the same-side hand as rear leg off the chair and reaching that arm up and over the head, sort of like a one-armed Arabesque.
- ⦿ Hold any of these positions or a combination for 10 to 15 seconds, as tolerated.
- ⦿ Relax, place both hands back on the chair, and bring the feet back to parallel.
- ⦿ Do the other leg.

